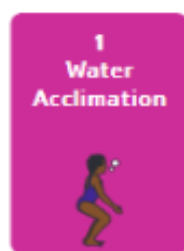


# Central Y Swim Lessons

## June 9<sup>th</sup>-August 2<sup>nd</sup>, 2025

Contact: [dland@lakecountyymca.org](mailto:dland@lakecountyymca.org) or  
[asimecek@lakecountyymca.org](mailto:asimecek@lakecountyymca.org)

Monday	Tuesday	Wednesday	Friday
Parent/Child 10am	Parent/Child 6pm	Parent/Child 10am/6:30pm	Preschool stage 1 10:30am
Preschool stage 1 10:30am	Preschool stage 1 11:30am/5:30pm/ 6:30pm	Preschool stage 1 11am/5pm	Preschool stage 2 10am
Preschool stage 2 11am	Preschool stage 2 11am/5pm/5:30pm	Preschool stage 2 10:30am/11am/ 5:30pm	Preschool stage 3 11am
Youth Stage 1 3:30pm/4:30pm	Preschool stage 3 5pm/6:30pm	Preschool stage 3 10:30am/6pm	
Youth stage 2 3:30pm/4pm	Youth stage 1 3pm	Youth stage 1 4pm	
Youth stage 3 4pm/4:30pm	Youth stage 2 3:30pm/4:30pm	Youth stage 2 4:30pm/6pm	
Youth stage 4 3:30pm/4:30pm	Youth stage 3 3pm/4pm	Youth stage 3 3:30pm/4:30pm/ 6:30pm	
Youth stage 5 4pm	Youth stage 4 3:30pm	Youth stage 4 4pm/7pm	
	Youth stage 5 4pm	Youth Stage 5 3:30pm	
	Youth stage 6 4:30pm	Teen/Adult 7:30pm	



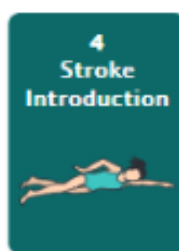
**1 Water Acclimation**  
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



**2 Water Movement**  
Encourages forward movement in water and basic self-rescue skills performed independently



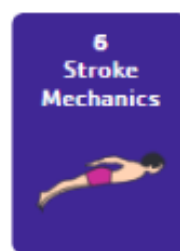
**3 Water Stamina**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages



**4 Stroke Introduction**  
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



**5 Stroke Development**  
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke



**6 Stroke Mechanics**  
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle